

H A L L E E A V E L Y N

**CRUSH
YOUR
INNER CRITIC
IN UNDER A MINUTE...
EVERY TIME**

1. Release Old *Baggage*

Train Yourself to let go of *everything* you fear to *lose*

- Y O D A

It's time to stop dancing to that worn-out album and choose something new for yourself.

Much of our habitual patterns and behaviors are just an accumulation of old beliefs that we have been conditioned over time to accept as our reality. Some we are aware of, some are silent—sneaking out to ambush you at 3AM. Releasing old baggage is about turning your face towards those negative beliefs, calling them out and flinging them off the cliff of your future.

You may have heard something enough times that you actually believe it; it resonated with you on some level. And when you believe it most likely you reinforce that and validate it through your behaviors. For me, it was hearing that I was fat. While I was larger than many other kids, I was hardly fat, but I sure believed it! It affected all areas of my life and much of my behavior and confidence. It took years of de-programming to reset my reality meter, for me to realize that my eyes weren't broken. And though it may not be what you have heard, your old baggage may be the information you received through people's actions (or lack of). A close friend held the deep-rooted belief that she was never good enough. During her younger years she never was acknowledged for her efforts or accomplishments... so she kept trying harder, doing more. It was like she was invisible. Can you imagine how this affected her confidence? It created an imposter syndrome good enough to win an Academy Award. Until she let go of the belief, she truly believed nothing she ever was going to do would be good enough.

Let's dig deeper into the toxic beliefs so that we can shine some light on them.

(If your brain is saying, "I don't feel like doing this!" or "I've done this before" remember

those are beliefs, too, and they're keeping you STUCK! So play full out – after all, no one can see you!!)

Take a moment to reflect and write down (on paper, with a pen) the following:

- What is the biggest false belief that holds you back?
- What related beliefs do you hold?
- How do those beliefs hold you back?

Hot TIP: Whatever comes up for you is all connected. What is the root belief under all of it? Pick the one that feels like it's right at your core!

You may not feel like you have a choice in releasing the old story, the toxic baggage, but you do!

Remember that forgive and forget are NOT the same thing. You don't have to forget, and you don't have to make the same mistakes, ever again.

The key is to know that once you identify it, you have the power to release it.

Here are two mantras that remind me that I can make the choice to transform my beliefs. That is not my story And... I am choosing something new

Use these or discover a new one for yourself. Just remember that the mantra is about releasing whatever holds you trapped in negative thoughts and behaviors.

Here are some kickstarts for the exercise:

- I release the belief that I am _____.
- I no longer believe that _____ is true.
- I banish false beliefs from this moment forth and call in _____. (joy, abundance, etc)

2. Reframe the Thought

OK, you said you were an idiot, or stupid, or a bad person, or whatever other horrible thing your brain tells you. First things first- congratulate yourself for your awareness and the power to say goodbye to it. Yay, you!

That is both a powerful and brave action. Now here's the thing. Our brains are really smart. They are a bit addicted to patterns for efficiency's sake. So great that we removed the negative habitual thoughts, now if we don't replace that empty gray matter with something else, it will revert back to baseline. So, we have to reframe those negative thoughts and beliefs. We have to see it from a different perspective. One of the best ways to tackle this is to reverse the negative belief.

Reversing it reframes the thought.

"I'm smart," "I'm savvy" "I'm a great person."

You may not believe it yet. Though you may feel wobbly while you say it, repetition is to the brain like lifting weights is for an athlete. Get thee to the spiritual gym and WORK IT OUT! When you feel wobbly, start with your Releasing Mantra from Step 1 then immediately add on your Reframe Mantra to it.

Hot TIP: You are calling in the polar opposite of the toxic belief.

Here are some kickstarts:

- I am _____ and empowered.
- I feel _____ !!
- Every moment of every day I am _____.
- I am surrounded by _____.
- Negative Thought Transformative Mantra

3. Acknowledge and *Move on*

Your thoughts are not your reality; they only color the reality of your choosing

Is EVERYTHING you think true? No! So why should all the mean things you think about yourself be true?

Hint: they're NOT. And if you're going to lie to yourself, why not make it a great one?

Imagine your thoughts are like a palette of watercolor. For most of your life you functioned using a few colors to tint your reality. Realize that you have so many more colors (ie- choices, beliefs, behaviors) with which to paint a new masterpiece.

The old tapes will play, the old colors will wash over your reality. The negative thoughts may scream at you when you are stressed, doubting yourself, or taking on a new challenge. Here's a little secret: you don't have to listen to them.

Now you can hear them loud and clear in your conscious mind.

You have awareness to recognize they are not your authentic self.

You have the tools and language to banish them.

You have the ability to empower your new reality.

When you hear the old story rearing its head, when you see reality through the limiting palette of your toxic beliefs, take these two steps:

1. Notice the thought as you calmly breathe through it.
2. Say "Thank you for sharing!" to your brain and move on. Your objective is to acknowledge the thought, then allow it to pass out of your head.

If you've never heard the expression, "Don't believe everything you think," now is the time to live by these words and use them to catch yourself, release the negative thought and move on.

It is a journey, and you're not on it by yourself. Many of my clients come to me living in a toxic relationship with their own inner voice. They wouldn't talk to another human being the way they talk to themselves. Just keep reminding your mind of these two phrases and keep moving forward: Thanks for Sharing! Not everything I think is true!

4. Bonus

Seek out the support of someone to hold you up through this process. Our brains and souls need positive feedback. They need to practice honesty and vulnerability and one of the best ways to do that is through our connection to another or others. The negative voice isn't yours - it came from other people, society, your teachers, or significant other.

Remember the negative voice came from others. The positive voice can, too. If you are truly ready for transformation, I am here to hold you up, reflect your true self back to you and call out the resistance and fear with you so we can banish it together.

I invite you to fill out this form - you could get a free strategy session that can help you shift more deeply. <https://halleevelyn.com/breakthrough-call/>

One important note: Thoughts of suicide, feelings that the world would be a better place without you, or a desire to harm yourself or others, are all things that you should take really seriously right this minute. Hey, I once went to the doctor because I was having chest pains and shooting pains up my arm. I was about 28. There was nothing wrong, and boy, was I sure glad I went anyway. Please seek help from someone you trust AND a medical professional immediately.